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HIDDEN SLIDE



Hurricane Relief Response Preventive Medicine Measures

**Name
Command
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Agenda

- Purpose
- Background
- Medical Threat
- Stress
- Post Deployment
- Summary
- Conclusion



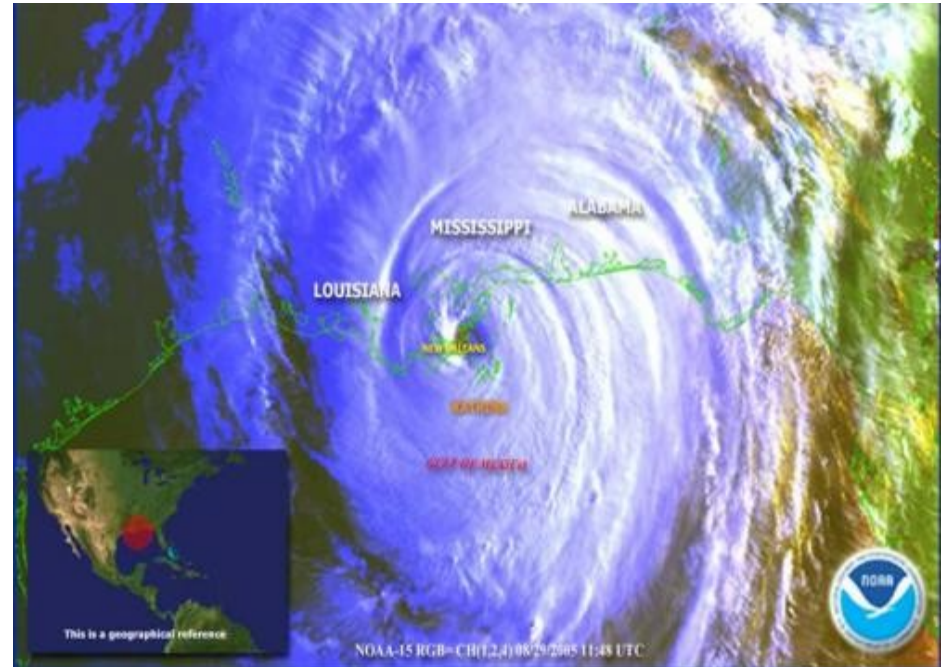
Purpose

Inform Deploying Personnel
(Military and Civilian) of the
Potential Health Hazards and the
Individual Countermeasures
Necessary to Assure Personal
Safety and Health



Background

- US Forces are mobilizing and deploying in support of hurricane relief efforts
- Environmental and occupational health hazards are a potential medical threat to deployed



Hurricanes can cause catastrophic damage to property and the environment. Many hazards exist in the wake of a hurricane.

Health Risks Increase

- Extensive flooding and widespread devastation
- Health risks rise with
 - Lack of waste disposal
 - Contaminated food
 - Contaminated water
 - Inadequate water for hygiene
 - Increased exposure to the heat



FLOODING IN NEW ORLEANS

Pre-Deployment

- All Active Component (AC) personnel must complete a Pre-Deployment Medical Health Assessment (DD Form 2795)
- Reserve Component (RC) personnel activated to active duty status greater than 30 days must complete DD Form 2795. Only those RC activated for 30 days or less are exempt from completing the form.

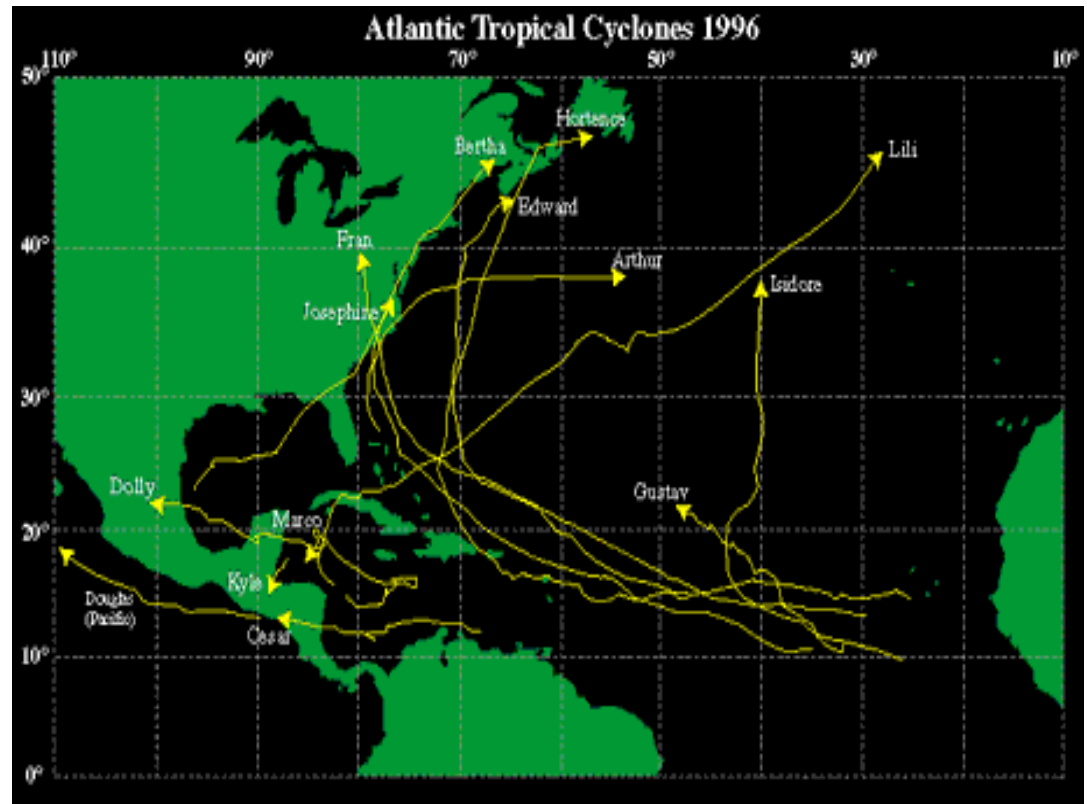
Military Vaccine Recommendations

- Tetanus-diphtheria (Td) if no booster within the past 10 years
- Hepatitis A
- Hepatitis B for those at risk with direct blood and body fluid exposures
- Influenza (during flu season)



Atlantic/Gulf Coasts

- Topography
 - **Mostly flat, coastal, some areas below sea level**
- Climate
 - **High Humidity**
 - **90+° F day**
 - **70° F night**
 - **Potential for additional storms**



Heat Injury Prevention

- **Greatest threat is from heat injury**
- Heat Cramps, Exhaustion, or Stroke



COUNTERMEASURES

- Drink fluids continuously (hourly fluid intake should not exceed 1.5 quarts, daily fluid intake should not exceed 12 quarts)
- Maintain acclimatization
- Protect yourself from exposure to sunlight and wind
- Maintain good physical condition
- Establish work/rest schedules
- Wear proper clothing
- Participate in training



HEAT

H: Heat category – WBGT Index

E: Exertion level (prior 3 days)

A: Acclimatization

T: Tables – Water/Work/Rest

REMEMBER

Water requirements are not reduced by any form of training or acclimatization.

Units which have soldiers who do not drink because they do not have opportunities to urinate have a leadership problem.



Work/Rest and Water Consumption Table

Applies to average sized, heat-acclimated soldier wearing BDU, hot weather. (See TB MED 507 for further guidance.)

Easy Work	Moderate Work	Hard Work
<ul style="list-style-type: none"> • Weapon Maintenance • Walking Hard Surface at 2.5 mph, < 30 lb Load • Marksmanship Training • Drill and Ceremony • Manual of Arms 	<ul style="list-style-type: none"> • Walking Loose Sand at 2.5 mph, No Load • Walking Hard Surface at 3.5 mph, < 40 lb Load • Calisthenics • Patrolling • Individual Movement Techniques, i.e., Low Crawl or High Crawl • Defensive Position Construction 	<ul style="list-style-type: none"> • Walking Hard Surface at 3.5 mph, ≥ 40 lb Load • Walking Loose Sand at 2.5 mph with Load • Field Assaults

- The work/rest times and fluid replacement volumes will sustain performance and hydration for at least 4 hrs of work in the specified heat category. Fluid needs can vary based on individual differences ($\pm \frac{1}{4}$ qt/hr) and exposure to full sun or full shade ($\pm \frac{1}{4}$ qt/hr).

- **NL** = no limit to work time per hr.

- **Rest** = minimal physical activity (sitting or standing) accomplished in shade if possible.

- **CAUTION: Hourly fluid intake should not exceed 1½ qts.**

Daily fluid intake should not exceed 12 qts.

- If wearing body armor, add 5°F to WBGT index in humid climates.

- If doing Easy Work and wearing NBC (MOPP 4) clothing, add 10°F to WBGT index.

- If doing Moderate or Hard Work and wearing NBC (MOPP 4) clothing, add 20°F to WBGT index.

Heat Category	WBGT Index, F°	Easy Work		Moderate Work		Hard Work	
		Work/Rest (min)	Water Intake (qt/hr)	Work/Rest (min)	Water Intake (qt/hr)	Work/Rest (min)	Water Intake (qt/hr)
1	78° - 81.9°	NL	$\frac{1}{2}$	NL	$\frac{3}{4}$	40/20 min	$\frac{3}{4}$
2 (GREEN)	82° - 84.9°	NL	$\frac{1}{2}$	50/10 min	$\frac{3}{4}$	30/30 min	1
3 (YELLOW)	85° - 87.9°	NL	$\frac{3}{4}$	40/20 min	$\frac{3}{4}$	30/30 min	1
4 (RED)	88° - 89.9°	NL	$\frac{3}{4}$	30/30 min	$\frac{3}{4}$	20/40 min	1
5 (BLACK)	> 90°	50/10 min	1	20/40 min	1	10/50 min	1

For additional copies, contact: U.S. Army Center for Health Promotion and Preventive Medicine Health Information Operations Division at (800) 222-9698 or CHPPM - Health Information Operations@apg.amedd.army.mil.

For electronic versions, see <http://chppm-www.apgea.army.mil/heat>. Local reproduction is authorized.

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Sunburn

- Prevent overexposing skin and eyes to solar radiation and wind

COUNTERMEASURES

- Use sunscreen and lip balm
- Use protective eyewear
- Limit exposure
- Cover nose and mouth to limit drying



Sunburn reduces soldier readiness and increases the likelihood of skin cancer.

Environmental Health Risk

- Drowning after being trapped in debris / flash floods
- Avoid contact with water near downed power lines
- Ensure facilities are properly inspected prior to entry
- Identify, report and avoid ruptured natural gas lines
- Ensure adequate ventilation when using any carbon monoxide producing device (preferably outdoors)
- Building material hazards: asbestos, lead based paint, etc
- Mold may grow rapidly in continuously wet conditions and cause adverse reactions especially if you have asthma or allergies. Monitor and treat personnel appropriately.
- Investigate local waste disposal methods

Physical Injury



- Physical injury is usually the top diagnosis during hurricane relief efforts
- Walking over and handling debris can cause cuts, scrapes, bruises, sprains, etc.
- Remain current with tetanus vaccination – revaccinate for a dirty wound if current vaccination is over 5 years old
- Consider steel toe/shank footwear, safety goggles, leather gloves, etc., if available

Foot Care

Protect your feet by:

- keeping feet clean and dry
- change socks at least every 8 hours or whenever wet and apply foot powder
- bring extra boots to field - alternate boots from day to day to allow boots to dry.
- seek medical care at the first sign of any problems



Industrial Hazards

- Industrial chemicals and fuel contamination of the soil and water (refineries, chemical plants, automobiles...)
 - Benzene
 - Hydrofluorine and Hydrofluoric acid
- Carbon monoxide poisoning from the burning of any fossil fuel without adequate ventilation
- Building material hazards: asbestos, lead based paint, etc
- Structural and electrical hazards
- Use appropriate personnel protective equipment; many require respirator fit-testing



Foodborne and Waterborne Diseases

- Bacterial diarrhea
- Viral diarrhea
- Hepatitis A and E
- Staphylococcus
- Chemicals/Pesticides
- Heavy Metal Poisoning



COUNTERMEASURES

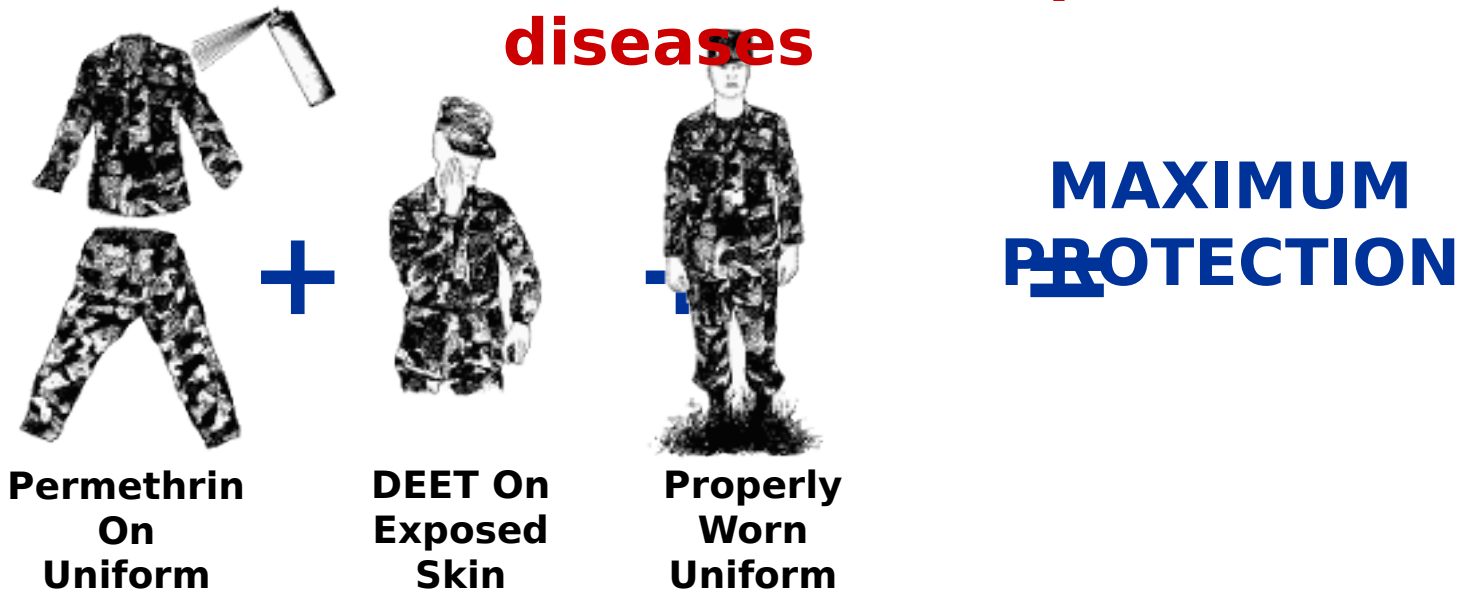
- Do not consume any food, ice, water, or beverage (to include bottled water) that have not been approved by the U.S. military
- Assume all non-approved food, ice, and water is contaminated



Even a one-time consumption of these foods or water may cause severe illness

PPM Against Insects

Flooding will increase the potential for the spread and transmission of mosquito-borne diseases



DOD Insect Repellent System

YOU NEED TO KNOW...

Dry cleaning removes permethrin from the uniform

Insect Repellents for Skin and Clothing

DEET lotion



NSN 6840-01-284-
2002



- Apply a thin coat to **EXPOSED** skin
- One application lasts up to 12

Permethrin

- Individual Dynamic Absorption Kit (IDA)
- Treatment lasts for for over 50 launderings



NSN 6840-01-345-
0237



NSN 6840-01-278-
1336 washes

- Aerosol spray can
- Treatment lasts through 5-6

Venomous Animals

- Snakes, Alligators (possibly displaced by floodwaters)
- Bees, wasps, hornets, and fire ants
- Spiders

COUNTERMEASURES

- Avoid bees, hornets, wasps, fire ants, and spiders
- Assume ALL snakes are poisonous
- Do not attempt to handle or capture any snakes
- Shake out clothes, shoes, and bedding before use
- Wear foot protection at all times (no barefoot)
- Bring proper medication if allergic to bites/stings



Water Contact Threat

- Water-contact
 - Standing water may contain high levels of bacteria and chemicals
- FHP Priorities
 - avoid unnecessary prolonged contact with all surface/standing water
 - limited water contact in the performance of duties is expected – avoid **unnecessary** contact
 - wash with soap and clean water as soon as possible after contact; launder uniform before wearing again



Respiratory Diseases

- Respiratory Diseases
 - May increase in evacuee camps and among all individuals living in close quarters (ex. Tent cities)
- FHP Priorities
 - Avoid close contact when possible
 - Provide at least 72 square feet per person in sleeping areas / sleep head to toe
 - Provide and emphasize hand washing/sanitizer and proper hygiene



Handling Bodies of Victims

- Unburied human remains are not a disease threat
- Cadavers in the water supply rarely transmit diseases.
- Increased number of filth flies can increase diarrheal diseases.
- Mortuary staff, and body retrieval teams risk exposure to hepatitis B virus (HBV) and HIV
- For personnel exposed to blood and body fluids:
 - Use gloves when handling bodies or body fluids
 - Use eye protection, gowns, and masks when large quantities or splashes of blood are anticipated
 - Wash hands frequently
 - Use body bags to reduce the risk of contamination



Universal Precautions

- **Universal Precautions or Standard Precautions**
 - are the terms used to describe a prevention strategy in which all blood, potentially infectious materials, and respiratory secretions are treated as if they are, in fact, infectious, regardless of the perceived status of the source individual.
- In other words:
Whether or not you think the blood/body fluid is infected with bloodborne pathogens, *you treat it as if it is.*

Improve Resistance to Stress 1 of 2

- Remember the larger purpose of what you must do. You are showing care, giving hope, and preventing disease for the living. You are recovering the bodies for registrations and respectful burial.
- Limit exposure to the stimuli.
- Mask odors with disinfectants, deodorants, and fresheners.
- AVOID FOCUSING on any individual victims.
- Have people who did NOT search the body examine any materials collected for identification of the body or intelligence.
- Remind yourself the body is not “the person,” just the remains.



Improve Resistance to Stress 2 of 2

- **Keep humor alive**
- **Don't desecrate or steal from the victims**
- **Schedule frequent breaks; maintain hygiene, drink plenty of fluids, and eat good food.**
- **Have your team get together for mutual support and encouragement.**
- **Help buddies or subordinates in distress by being a good listener.**
- **Prepare yourself for what you will see and do.**
- **Don't feel guilty about distancing yourself mentally from the suffering of individuals.**
- **Don't be disheartened by horrible dreams, feeling tense, or intrusive memories.**
- **Participate in a critical event debriefing with trained people from your supporting unit ministry and/or behavioral health/combat stress control team.**



Post-Deployment

All AC and those RC personnel activated more than 30 days must:

- Complete Post-Deployment Medical Health Assessment (DD Form 2796)
- Receive post-deployment preventive medicine briefing
- Receive post-deployment screening, testing, and follow-up



Summary

- Background
- Physical Environment
- Medical Threat
- Stress
- Post Deployment



CONCLUSION

**"Preparation through education
is less costly than learning
through tragedy."**

**- MAX MAYFIELD, DIRECTOR
NATIONAL HURRICANE CENTER**





Contact Your Local Preventive Medicine Service or Medical Support Unit for Additional Information



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